



# Bicycling

## SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ◎ Get in shape before you get serious about cycling. Stretch and do strengthening exercises. Before you ride, warm up and stretch for 5-to-10 minutes.
- ◎ The biggest preventable risk factor for bicycle head injury is not wearing a bicycle helmet. Helmets will protect you against 85% of all head injuries and 88% against brain injuries.
- ◎ If your bicycle fits, you'll perform better and avoid overuse injuries. Your knees should be at about a 15-degree angle when fully extended.
- ◎ Make sure you have lights and reflectors on your bike, whether you are using it for training, recreation, or transportation. Use lights and reflectors from dusk until dawn.
- ◎ Carry a cell phone or some money for a phone call or a cab ride if you run into trouble, your ID card, and an emergency-contact card.
- ◎ The primary risk factors are excessive speed, traffic, fatigue, and poor road conditions.
- ◎ Beware at intersections. Signal your turns and look out for others. Use hand signals when turning.
- ◎ Fatal collisions are most common in urban areas. Roads with speed limits of 55 mph or greater produce higher rates of injuries and fatalities.
- ◎ You'll need all of your senses, especially hearing and sight. Don't wear headphones.
- ◎ Cycle while it is daylight.
- ◎ Wear comfortable, brightly colored clothing or a safety vest as another good precaution.
- ◎ Wear a reflective vest from dusk until dawn.
- ◎ Check your tires for nicks, cuts and wear before each ride, and ensure the tires are inflated properly.
- ◎ Make sure all the nuts, bolts and connectors are tight.

[www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx](http://www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx)



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- ◎ Make sure your brakes work and the cables are lubed.
- ◎ Make sure the saddle is tight.
- ◎ Make sure the handlebar grips are tight.
- ◎ Ride with a basic tool kit, basic first-aid kit, and Bring water.
- ◎ Never ride off-road alone.
- ◎ Stay off sidewalks. Slow-moving pedestrians are as dangerous to you as you are to them.
- ◎ When riding in the street, obey traffic signals and traffic laws.
- ◎ Make eye contact with drivers, pedestrians and other cyclists to be sure they see you.
- ◎ Walk your bike across crosswalks.



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